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Our wireless industry has its upsides?

Canucks connect faster than Americans, study says PAGE 6

Mom, dad, you can't come to my sex play

Beirut actress talks love in the time of plague PAGE 8

ALL FUN AND GAMES UNTIL SOMEONE LOSES THEIR JOB

SASKGAMING LAYS OFF 55 EMPLOYEES OVER DECLINING REVENUE PAGE 3

GENERAL ON THE MARCH

Gov. Gen. David Johnston inspects an honour guard prior to the speech from the throne in the Senate Chamber on Parliament Hill in Ottawa on Wednesday. Story, page 4. JUSTIN TANG/THE CANADIAN PRESS

Building more schools first up on the agenda

Provincial priorities. Premier says so many are needed that Sask. may need to buy bulk

Pleasant problems

"This is a better problem to have than declining enrolments, but it's a challenge that we need to face."

Premier Brad Wall

Premier Brad Wall says the government's focus this fall will be on getting more schools, more quickly.

"We have a real demand across the province, especially in the major centres, for spaces for growing enrolments," Wall said Wednesday before a cabinet meeting.

Many Saskatchewan schools have seen the number of students swell as the province's population grows.

Statistics Canada said in September that the number of people living in the province has passed the 1.1 million mark for the first time.

That's an increase of 20,757 people in the last year and more than 106,000 people since 2007.

The Regina Catholic School Division said in August that some schools in the city are at 150 per cent capacity.

Saskatoon Public Schools says it has gained more than 2,600 students in the last five years. There were 22,757 students in Saskatoon public schools at the end of September — up 682 students since September 2012.

The premier says, given the number of schools needed, the province could look at bundling schools, like Alberta has done. That means building schools in bulk, all with similar designs, and could include a public-private partnership.

"We might have to look at bundling a number of these schools so that we can achieve the space we need in a more timely manner."

Wall said schools will be in next week's throne speech to open the fall sitting of the legislature. He hinted there could also be more details before the speech next Wednesday. THE CANADIAN PRESS

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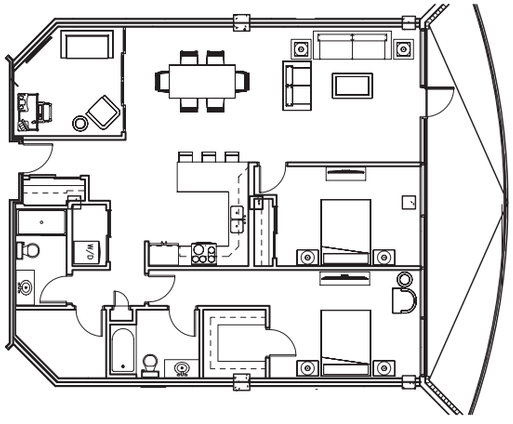

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Recruitment efforts

'Clearly not enough' docs in Sask: Wall

The Saskatchewan government is under pressure to boost the number of doctors at its short-staffed medical facilities, as its political opposition demands an overhaul of its recruiting methods.

Premier Brad Wall said on Wednesday that the number of physicians in the province is "clearly not enough," even after an increase — according to the governing Saskatchewan Party — of some 300 doctors since 2006.

"We're looking at anything. Everything is on the table. And this is a top priority for our Ministry of Health," Wall told reporters at the legislature, noting that the issue facing emergency rooms, clinics and other facilities will be addressed in his government's throne speech next week.

The opposition New Democrats are charging that Wall's administration must improve its recruitment before Regina joins "dozens of communities" in Saskatchewan with emergency rooms that are closed or on reduced hours.

"The government's job in a growing province is to plan for growth — to put pieces like more doctors and infrastructure in place," NDP health critic Danielle Chartier said in a prepared statement.

ROSS ROMANIUK/METRO

Brad Wall said on Wednesday that his government is trying to recruit physicians. ROSS ROMANIUK/METRO

SaskGaming lays off staff amid declining revenue

Competition. CEO claims guests are turning to other forms of entertainment

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

SaskGaming has laid off 55 employees in the midst of declining revenue at Casino Regina and Casino Moose Jaw.

President and CEO Twyla Meredith said on Wednesday that the Crown corporation is restructuring its management following years of flattening revenue at both casinos.

"We're at the point where we had to really look at the corporation and how we were going to be structured to deal with the changing market conditions," Meredith told Metro.

"For the last couple of years, (there's been) flattening revenues — and this year, actually declining revenues."

Meredith did not specify the extent to which the corporation's revenue has fallen.

All the job cuts are in management and administration, Meredith said, adding that no "front-line" casino staff have been terminated.

"This is really about getting back to basics, and having management focus on our guests and provide an excellent guest service," she said of the cutback.

Casino Regina opened in 1996 as the province's first full-service gaming facility. Casino Moose Jaw began operations in 2002.

During the early years, the casinos regularly experienced double-digit growth, which Meredith said has slowed as they compete with new entertainment options.

"After 20 years, there are just more and more entertainment options that are being offered around the province," she said.

"People are choosing to spend their discretionary income in other ways."

She added that the corporation is "not unique, (as) this has been experienced all across Canada in the ... gaming industry."

Meredith noted that SaskGaming is considering a variety of innovations, including online gambling. Currently, though, there are no firm plans to pursue this.

"We're always looking at what else is happening in the industry," she added, "and what our colleagues are doing across the country."

Changing market

"After 20 years, there are just more and more entertainment options that are being offered around the province."

SaskGaming CEO Twyla Meredith

Casino Regina is one of two gambling facilities where a drop in revenue has prompted SaskGaming to lay off staff.
MARCO VIGLIOTTI/METRO

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Harper's throne speech courts middle-class voters

Eye on the election.
PM beset by Senate expense scandals and polls showing his party tied with or trailing the Liberals

PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

SPEAKER OF THE HOUSE OF COMMONS ANDREW SCHEER LISTENS TO THE SPEECH FROM THE THRONE.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a nation "great in thought, great in action, great in hope and great in position."

"His vision has come to pass," said the Governor General.

Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties. Measures that come down hard on public sector workers — a primarily Conservative preoccupation — took up almost an entire page. And parents will be given a say before drug injection sites open in their community.

THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation, which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public.

In others, photos are taken during a sexual assault and posted online.

The new law will also give "police ... new tools to effectively address cyberbullying that involves criminal invasion of privacy, intimidation and personal abuse," the throne speech said.

JESSICA SMITH/METRO IN TORONTO

Shutdown. Congress races to pass budget bill

Barack Obama makes a statement Wednesday after the Senate reached a deal to reopen the government. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Congress raced Wednesday to approve a bipartisan deal to avert a U.S. default and reopen the federal government, a move intended to end a prolonged fiscal crisis that battered Republican approval ratings and threatened the global economy with a new recession.

Republicans were left with little to show for their fight — in political terms, the final agreement was almost entirely along lines President Barack Obama had set when the impasse began last month.

It includes nothing for Republicans demanding to eradicate or scale back Obama's signature health-care overhaul.

The Senate voted to avoid the default, 81-18, Wednesday night. The measure then headed to the House, where it was carried to passage by strong support from Democrats and 87 yes votes from Republicans.

Obama thanked leaders in the Senate for passing the deal, saying when the House approved the bill, he'd sign it immediately.

Obama said now it's time to win back the trust of Americans that's been lost during the crisis.

THE ASSOCIATED PRESS

PREPARING OUR YOUTH

AGES 16-24

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SEC

Jury: Cuban didn't commit insider trading

Mark Cuban won a years-long fight with the U.S. federal government Wednesday when jurors said that the billionaire basketball owner did not commit insider-trading when he sold his shares in a Canadian Internet company in 2004. The nine-member jury deliberated for about four hours. The trial spanned three weeks.

Mark Cuban
THE ASSOCIATED PRESS FILE

The SEC wanted Cuban to repay $750,000 in losses that he avoided, plus pay a penalty. It was a civil lawsuit, so Cuban didn't face criminal charges.

THE ASSOCIATED PRESS

France

Detainment, expulsion of teen sparks outrage

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups who say police went too far in publicly shaming the teenager.

Now, Dibrani, who was expelled along with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed.

"My home is in France," Dibrani said. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

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Not to brag, but our network speed is faster

Canada: 1, America: 0.
A new study finds wireless speed is faster in our cities than in the U.S., but we pay more to be able to get that Instagram pic up quicker

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LET) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," said Sascha Segan.

THE CANADIAN PRESS

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."
According to a study by PC Magazine

Believe it or not: Aquarium finally opens in T.O.

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and $130 million in costs, the new aquarium opened to the public Wednesday. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. THE CANADIAN PRESS

Market Minute

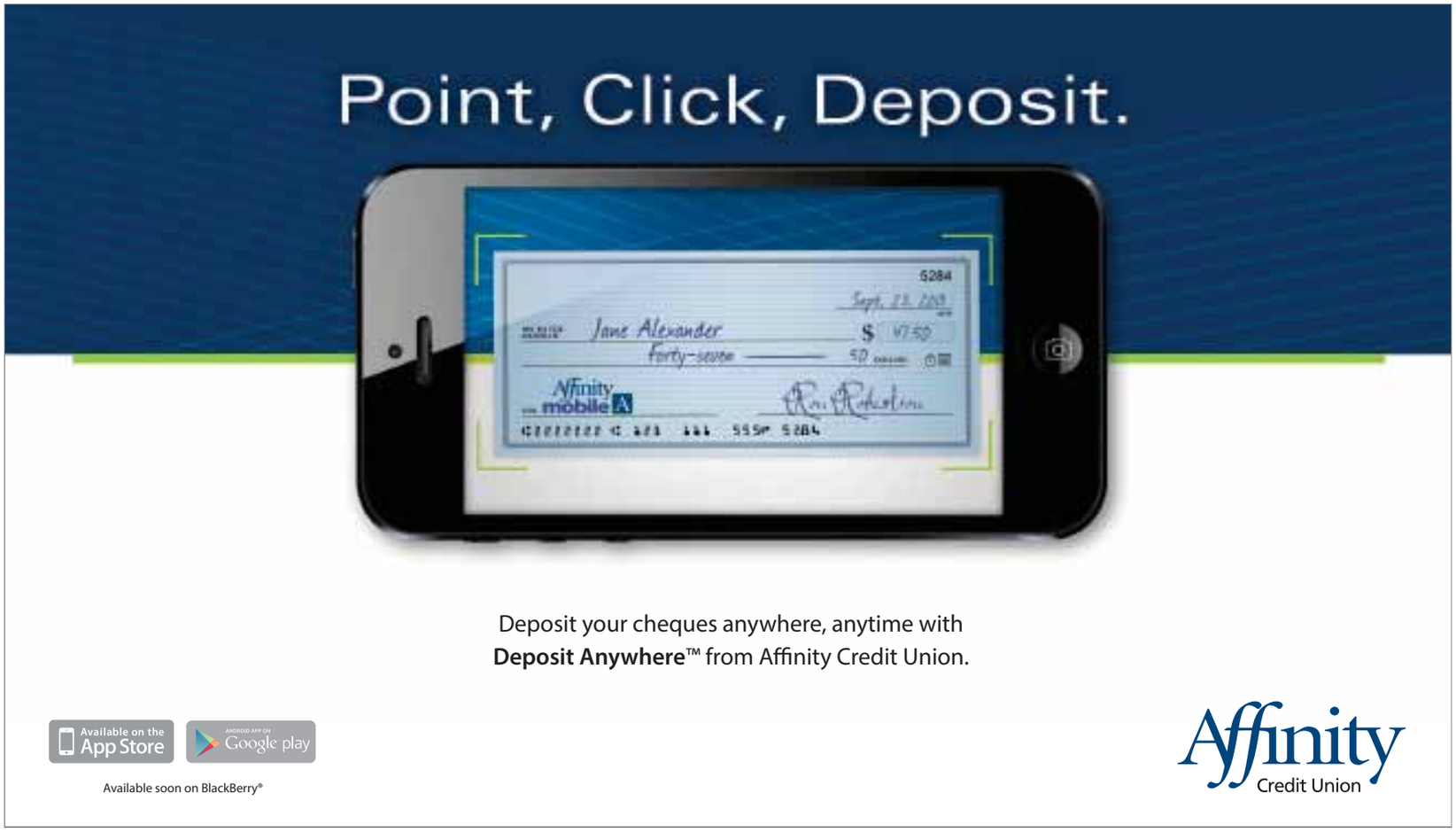
DOLLAR 96.77¢ (+0.43¢)

TSX 12,957.21 (+25.75)

OIL $102.29 US (+ $1.08)

GOLD $1,282.30 US (+ $9.10)

Natural gas: $ 3.78 US (no change)
Dow Jones: 15,373.83 (+ 205.82)



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HOW TO EASILY SAVE THE WORLD

HE SAYS

John Mazerolle
metronews.ca

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming Blackberrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Cleaning that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom

COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap titled Mother's Little Headful was taken by 14-year-old Udayan Rao Pawar who won the award for Young Wildlife Photographer of the Year at the ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**

This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCKIMAGES

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter

@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - / I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #Gatewaypoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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SCENE

Parental discretion advised

Theatre. Most would be fine with such a stellar performance, but for Kate Herriot, star of Beirut, she is opting to leave her folks at home

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Munish Sharma and Kate Herriot star in Beirut, playing at The House of Dance Oct. 23 - 26 and Oct. 30 - Nov. 2. SIMON HIATT

After a year of living in Saskatoon, actress Kate Herriot is excited to return to her home town of Regina next week to take to the stage in Hectik Theatre's presentation of Beirut.

It will be an opportunity for her friends and family to see her give an incredible performance in a critically-acclaimed play.

But two of the people who are closest to her most definitely won't be there.

"My parents aren't going to see it, unfortunately. They've seen me do all sorts of things on stage, but this show I'm like, 'You can't come,'" Herriot said.

The play, which wraps up at the Refinery in Saskatoon this weekend before opening at The House of New Dance in Regina, tells the tale of a dystopian New York City, where a diseased segment of society has been quarantined.

In it, Herriot is not only required to spend the vast majority of the time in her underwear, she also has to utter some extremely sexually-explicit dialogue.

"I would love for them to see this show, but not with their first-born child playing this character."

Herriot plays Blue, a young lady who sneaks into the quarantine zone to be with her infected boyfriend Torch, played by Munish Sharma.

She tries to convince him to sleep with her, but he resists, fearful of passing the disease on to her.

While she may not want to expose her parents to the performance, she loves playing the character.

"There are risks in this script that I've never taken before and the thing that I've become most excited about is she presents this feminine sexuality you just don't see in theatre or film," Herriot said. "It's a source of power for her, she owns it."

Finding someone who could handle the role of Blue was the final piece of the puzzle for director Kenn McLeod, who had long wanted to stage the play.

"It's just a show that can't work if you don't have the perfect actors," McLeod said. "Kate and Munish just had this chemistry, and we had a couple of weeks of really intense rehearsal, and building that relationship was really the thing that turned out to be the most exciting thing about the show."

And McLeod says while Beirut is raunchy and raw, at its heart it is a real love story — one that he hopes will stick with audiences in Saskatchewan, where it is being staged for the first time.

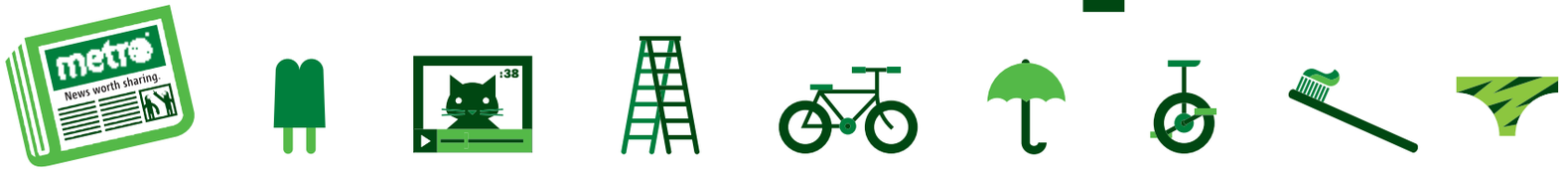
"It's the kind of play where you wake up the next morning and it's still there in bed with you and you go, 'Oh you're still here, I still have to think about you.'"

Motivation

Beirut was written by Alan Bowne in the mid-1980s' as a response to the spread of AIDS and the way victims of the disease, which eventually took Bowne's life, were being treated.

- **Quote.** "He wrote this play at a time when disease was ravaging his community, it's an AIDS play about a heterosexual couple, which was a better way at the time to get the show produced. It was easier for a mainstream audience to take," director Kenn McLeod said about the play.

Sharability



Twitter

@katyperry
I refuse to speak Starbucks until I've actually learned Italian.

@Rihanna
420'ish

Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well,"

Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK. I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

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Doolittle's dancing in the dark

Eliza's evolution.
The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT
Metro World News

Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Eliza Doolittle's track Big When I Was Little would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track You & Me and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album In Your Hands (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?
I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?
Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous and wear black?
I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?
Music is the only thing that is going to be there for me no matter what. So when I finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?
Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items

Yon-Ka
Crème PS, $56, yonka.com

Clinique
Chubby Stick intense moisturizing lip colour balm, $17, clinique.com

Kevyn Aucoin
Celestial Bronzing Veil, $48, kevynaucoin.com

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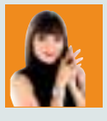

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

SO thankful for my precious girls! Bekky @qualityslippers + Joey @joeyoneil #happythanksgiving

At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report

- One of the bolder trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Canadian street style

Spotted in: Toronto

Shanti
Student

What she's wearing
Black Naturalizer heals, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration
"My mother. She saved a lot of her clothing from when she was younger, and now I wear them all."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your sofa or chair seat cushion; a pillow should never take up more than a third of that depth.
- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, $299, cb2.com.

Pillows become art. Family pillow cover, 12 x 19.5 inches, $50, zarahome.com.

A low glass bowl or tray helps to keep small items organized. Sandia Platter, $65, crateandbarrel.com.

Add life to a corner chair (or simply hide a stain). Mohair plaid throw, $199, zarahome.com.

Low vases are best for coffee and cocktail tables. Miramar vase, $91, crateandbarrel.com.

Lane Way Homes in Harbour Landing *Prices Starting at* *$354,044*

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$387,168

The Lyra

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5314 Whereatt Road
$367,568

The Orion

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5322 Whereatt Road
$386,377

The Pavo

1448 sq. ft.
5310 Whereatt Road
$393,048

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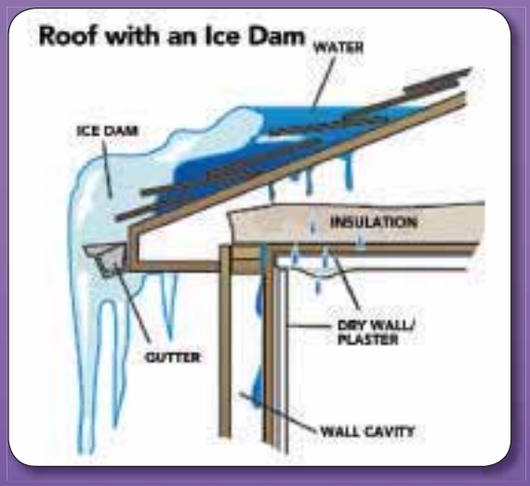

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. There is no better time to protect your home.

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Stocking your toolbox, Amish-style

DIY. Craftsmanship is at the forefront as rapper and renovator Vanilla Ice heads to Ohio to learn from the masters

Hand tools are great for both beginner woodworkers looking to learn basic skills and seasoned professionals wishing to take their craft to the next level. With some essentials like a hammer, a screwdriver set, some wrenches and a small investment in the following tools, it's possible to create basic furniture pieces like chests or chairs with unique character.

In his new renovation show, rapper-renovator Rob Van Winkle, better known as Vanilla Ice, heads to Holmes County, Ohio, the largest Amish settlement in the U.S., to see traditional workmanship first-hand.

Chisels

There are hundreds of chisels available, but owning just a few of these versatile tools will help make any project easier. Chisels are incredible for simple tasks like removing glue, and they can also create a guide to make hand sawing easier and more accurate.

With the right type and shape, chisels can even replicate impressive dovetail joints often seen on drawers or chests. It's important to make sure the chisels are sharp before using them, as dull blades could damage the wood or lead to injuries.

Hand plane

A hand plane is made up of a body that acts as a grip and a narrowly protruding knife on the bottom that strips thin layers of wood. Planes are excellent for producing flat and smooth surfaces. It's a useful tool to have around to shave down doors that stick instead of hand sanding or buying a power sander.

To add detail to your project, use a hand plane to give your edges a nice bevel. Like chisels, there are many different planes available, so talk to a professional to make sure you have the right one for the job.

Draw knives and spoke shaves

Draw knives and spoke shaves consist of a blade with a handle on either side, similar to the shape of bicycle handles. Both are great for carving out curves to make beautiful chair or table legs.

Draw knives remove a lot of excess material quickly and are excellent for starting a curve. The spoke shave removes less material but is better for refining a curve and adding detail. Raising or lowering the handle on a draw knife helps control the depth of the cut, whereas a spoke shave has built-in adjustments for more accuracy and finer cuts.

A finished kitchen from the premiere episode of Vanilla Ice Goes Amish features marble counter tops, hardwood cabinets and gas lighting fixtures.
COURTESY MICHAEL F. MCELROY/HGTV

With traditionally large families, Amish kitchens see a lot of action, and the idea in this case was to create a better design for family gatherings. Van Winkle worked with a local construction crew on the project.
COURTESY MICHAEL F. MCELROY/HGTV

Vanilla Ice Goes Amish

- Follow Rob Van Winkle as he joins the Amish to learn the lost art of hand craftsmanship in Vanilla Ice Goes Amish, Sundays at 10 p.m. ET/PT on DIY Network Canada.

A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna

This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in The Can't Cook Book. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture. Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). RECIPES COPYRIGHT

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

© 2013 BY JESSICA SEINFELD FROM THE CAN'T COOK BOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)
- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

Conquer the kitchen

If you and the kitchen don't get along, Jessica Seinfeld's The Can't Cook Book is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with The Can't Cook Book are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. METRO

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Available on the App Store
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The Dodgers' Adrian Gonzalez admires one of his two home runs in a 6-4 win over the Cardinals on Wednesday in Los Angeles. JEFF GROSS/GETTY IMAGES

Dodgers find power stroke to stay alive

MLB playoffs.
Cardinals fail to close out NLCS, Game 6 goes Friday in St. Louis

It took the Dodgers five games to hit a home run in the NL championship series. Once Adrian Gonzalez powered up for the first one, their dormant offence broke loose.

Gonzalez homered twice and Zack Greinke came through with the clutch performance Los Angeles needed in a 6-4 victory over the Cardinals on Wednesday that trimmed St. Louis' lead to 3-2 in the best-of-seven playoff.

"Guys weren't ready to lose today," said Carl Crawford, who also went deep to help the Dodgers save their season.

The series shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for Los Angeles against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"We've kind of become America's team because everyone wants to see a seventh game," Dodgers manager Don Mattingly said. "Probably even the fans in St. Louis would like to see a seventh game, so I figure that everybody's for us to win on Friday night."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

A.J. Ellis also homered at Dodger Stadium, where it is tougher to clear the fences in the heavy night air.

Helped by playing in 82-degree heat on a sunny afternoon, the Dodgers rediscovered their power stroke just in time to extend the series. They held on in the ninth inning, when St. Louis scored twice off closer Kenley Jansen before he struck out pinch-hitter Adron Chambers with two on to end it.

THE ASSOCIATED PRESS

The Ferrell Forecast

Desperate to avoid elimination, the Dodgers brought in some Hollywood star power for pregame introductions. Will Ferrell announced their lineup and lent a comic spin to each player's name, capping it by introducing Zack Greinke as "today's winning pitcher."

- Greinke got into a bases-loaded jam with none out in the first inning but escaped with no damage. From there, he pitched seven strong innings and even delivered an RBI single.

CFL

Gable runs up top offensive player mention

Hamilton Tiger-Cats running back C.J. Gable has been named the CFL offensive player of the week.

Gable rushed for 118 yards and a touchdown and added 46 receiving yards as the Ticats beat the Toronto Argonauts 24-18 last week.

Elsewhere, Calgary star running back Jon Cornish picked up Canadian of the week honours for the fifth time this year, Edmonton linebacker Rennie Curran was the top defensive player and Calgary punter Rod Maver took the special teams award.

THE CANADIAN PRESS

NBA pre-season

Ross is boss as Raptors hand Celtics loss

Terrence Ross scored 19 points and Landry Fields added 14 points to lead the Toronto Raptors to a 99-97 victory over the Boston Celtics Wednesday night.

It was Toronto's third straight pre-season victory.

Toronto-born Kelly Olynyk scored 13 points on 6-for-7 from the floor for the Celtics. He added nine rebounds in 26 minutes of action. THE CANADIAN PRESS

Kelly Olynyk of the Celtics attacks the basket against the Raptors' Austin Daye.
FRANK GUNN/THE CANADIAN PRESS

NFL. Bills' Manuel out for another 4-6 weeks

Buffalo Bills rookie quarterback EJ Manuel is expected to miss another four to six weeks now that he's begun rehabbing his sprained right knee.

Coach Doug Marrone was able to provide a more definitive timetable on Manuel's recovery Wednesday after consulting with team doctors. Manuel began working out on his own Tuesday for the first time since being hurt in a loss to Cleveland on Oct. 3.

EJ Manuel
GETTY IMAGES

Thad Lewis is set to make his second consecutive start Sunday, when Buffalo (2-4) plays at Miami (3-2).

THE ASSOCIATED PRESS

Entering the Hall of Fame

"I thought I was dreaming obviously — and I still am."

Curler Russ Howard describing his reaction to the news of his naming into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.

NHL. Kane grounded in practice with leg injury

Winnipeg Jets forward Evander Kane was being assessed by a doctor Wednesday after hurting his leg in practice.

Kane got tangled up along the boards with Anthony Peluso, and Peluso appeared to fall on Kane's right leg.

Kane was seen holding his leg in pain and he was helped off the ice.

Coach Claude Noel described the injury as a "tweak," but said Kane is listed as day-to-day until they have him assessed and find out the seriousness. THE CANADIAN PRESS

Stat line through 7 games

In the Jets' first seven games of the season, Evander Kane has recorded three goals and two assists.

Horoscopes

♈ Aries
March 21 - April 20
The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus
April 21 - May 21
Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini
May 22 - June 21
You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer
June 22 - July 23
You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo
July 24 - Aug. 23
Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo
Aug. 24 - Sept. 23
It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra
Sept. 24 - Oct. 23
You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio
Oct. 24 - Nov. 22
You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn
Dec. 22 - Jan. 20
The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

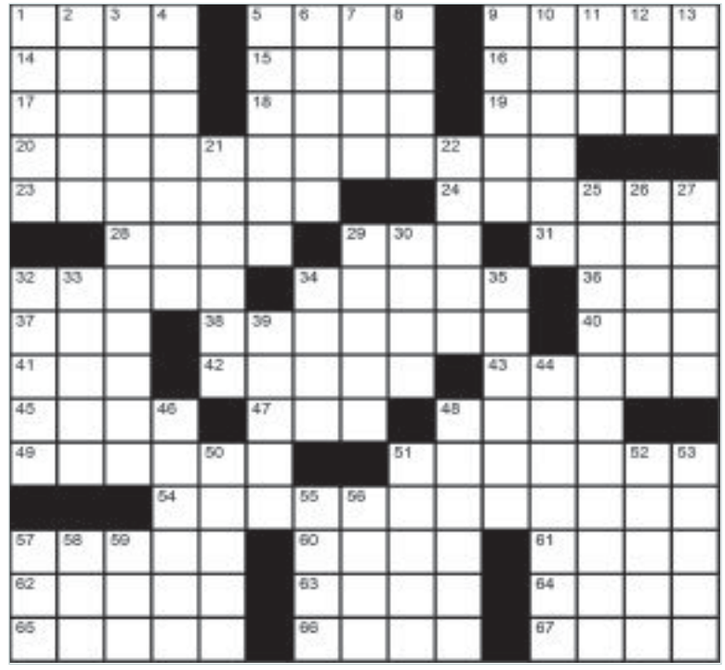
♓ Pisces
Feb. 20 - March 20
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



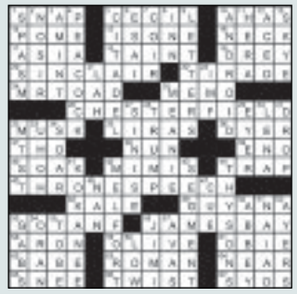
Across

1. Learning basics
5. Rushed letters?
9. Real __ (Authenticity)
14. Billy Crystal sitcom
15. Sleuth's lead
16. Gnaw geologically
17. Money __ __ object
18. __ Saint-Luc, Quebec
19. Novelist Ayn's
20. Info-disclosing-link at a webpage's bottom: 2 wds.
23. Open land area
24. "Frida" or "Ray"
28. Abbrs. in business names
29. '_' __ in Jasper
31. Emperor of Rome
32. Annually, __ _ year
34. "The Crucible" (1996) setting
36. Resume no.
37. Mil. rank
38. River in Alberta; or, Valley in Manitoba
40. Murder trial's li'l bit of proof
41. Grammy competitor, e.g.
42. Gives the cold shoulder
43. Helps in dishwashing
45. His 'n' __
47. Filmmaker org.
48. City of France
49. Help in hockey goal-making
51. "I Will Wait" by __ & Sons
54. Created-in-Calgary cocktail: 2 wds.
57. Where Tripoli is the capital
60. Stench
61. Ailed, __ _ fever
62. Hall & Oates hit: "__ Education"
63. One-minus-One
64. __ a shirt in
65. Analyze/break down
66. Roughly: 2 wds.
67. "What's Hecuba to him __ __ to Hecuba..." - Hamlet

Down

1. Foreigner's "Cold __": 2 wds.
2. Fenway Park baseball team, to fans
3. Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
4. City in Washington
5. Admission
6. Slippery __
7. Car
8. Chemical __ (Dermatology service)
9. Thanks, in Quebec City
10. Colouring book need
11. Jailbird
12. "The __ Couple"
13. Thumbs-up
21. HOW THIS IS WRITTEN: 2 wds.
22. Henrik __ (A Doll's House playwright)
25. Dino on "The Flintstones": 2 wds.
26. Songbook standard: "Goodnight, __"
27. Pepsis
29. __ the Hutt
30. Actress Ms. Larter's
32. D-Day beach
33. Monickers
34. Super pleased with oneself
35. Puccini opera, __ Butterfly
39. Put an __ (Halt): 2 wds.
44. Cite or make mention of: 2 wds.
46. Prophetesses of classical mythology
48. Clock kind
50. Writing tablet
51. "Saturday Night Live" alum Mike
52. Variety of salad dressing
53. Toronto-born rapper
55. Particular pasta
56. __ Lake, Nfld.
57. Jogger's once-around
58. Apples: __ Red
59. Li'l office

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2					1	6	5	
	6			7		3	8	
1			3					9
				9			6	4
		3				7		
7	4			8				
3					5			2
	2	8		3			1	
	9	1	4					3

Yesterday's Sudoku

3	5	6	8	2	1	4	9	7
1	7	8	3	4	9	6	5	2
4	9	2	5	6	7	1	8	3
5	8	9	2	7	4	3	6	1
2	3	1	9	5	6	7	4	8
6	4	7	1	3	8	9	2	5
9	2	4	7	8	3	5	1	6
7	1	5	6	9	2	8	3	4
8	6	3	4	1	5	2	7	9

BUILDING KNOWLEDGE

The College Avenue Campus Renewal Project

Over 100 years ago, the University of Regina opened its doors at the College Avenue Campus, then known as Regina College. For decades, through growth and during struggle, the campus provided a place for students to learn, grow and thrive. Now it's time to restore and revitalize this historic campus for the future benefit of our students and the community. *Building Knowledge – The College Avenue Campus Renewal Project* was the name given to this important revitalization plan. We believe that it is our responsibility to preserve and steward the visionary legacy of those who imagined and built the former Regina College. As such, the Building Knowledge project is the University of Regina's number one capital fundraising priority this year.

WHAT THE FUTURE HOLDS

As part of this project, the College Building, the Conservatory and Darke Hall will be fully restored and adaptively reused as a fundamental part of the University of Regina. This revitalized campus will be known as the University of Regina Leadership and Outreach Centre (LOC) and will offer a multitude of tangible benefits to the entire community.

Students of all ages and stages of life will continue to populate the sustainably refurbished and easily accessible College Building, Conservatory and Darke Hall.

The hub of the LOC will be a new Executive Education Centre. Here, learners from the Centre for Continuing Education, Johnson-Shoyama Graduate School of Public Policy and the community-at-large, will attend seminars and lectures in "smart" meeting rooms designed for groups of 20 to 300 people.

Once completed, the University of Regina LOC will serve as a provincial and national destination that integrates academic programming with outreach and training for both public and private sector professionals.

AT A GLANCE

The Centre for Continuing Education will continue to provide programming for:

- Business and Professional Development
- Credit Studies
- Distance Learning
- English as a Second Language
- Lifelong Learning Centre

Restoring the Conservatory will:

- Expand music lessons, programs and performances

Creating the Executive Education Centre will provide opportunities to:

- Host university conferences, lectures and events
- Increase classroom use by 50% for business and professional development and the Johnson-Shoyama Graduate School of Public Policy

Revitalizing Darke Hall means:

- This landmark will once again become a well used, bustling event space that maintains significant public access, functioning as an increased capacity community facility

PROJECT HIGHLIGHTS

- 32 newly renovated classrooms
- A 550-seat performance centre at Darke Hall
- A 75-seat lecture theatre
- A 250-300 seat concourse, including a raised lounge adjacent to Darke Hall
- A 150-seat Conservatory recital hall
- An art room for 20-25 students
- A state-of-the-art music room for master classes
- A computer laboratory for 16-20 students
- Teaching space for summer camp programming

"Revitalizing our historic College Avenue Campus will strengthen the University of Regina's connection to the larger community and further contribute to educating the next century of learners and leaders in our province."

– **DR. VIANNE TIMMONS**, PRESIDENT & VICE-CHANCELLOR UNIVERSITY OF REGINA

CONCEPTUAL RENDERING - NORTH FACADE

Building Knowledge
The College Avenue Campus Renewal Project

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University of Regina